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Patterns / Exercises Chart

Pattern / Exercise	# Movements	Diagram	Condensed Interpretation / Translation
<i>Saju Jirugi</i>	7 / 14	+	<i>4-Directional Punch</i>
<i>Saju Makgi</i>	8 / 16	+	<i>4-Directional Block</i>
Chong-Ji	19	+	Heaven & Earth, story of creation
Dan-Gun	21	I	Holy founder of Korea in 2333 BC
Do-San (To-San)	24	S	Penname of Ahn Chang-Ho (1876-1938), furthered education of Korea & independence movement, pattern represents his entire life
Won-Hyo	28	I	Monk who introduced Buddhism to Silla Dynasty, 686 AD
Yul-Gok	38	$\begin{matrix} - & v & + \\ & (\pm) & \end{matrix}$	Penname of Yi I (1536-1584), philosopher & scholar, "Confucius of Korea", diagram: Chinese for "scholar" (士), movements represent his birthplace on 38° latitude
Joong-Gun	32	I	Ahn Joong-Gun, patriot who assassinated Hiro-Bumi Ito (1 st Japanese Governor-General of Korea), movements represent age at execution in Lui-Shung prison in 1910
Toi-Gye	37	$\begin{matrix} - & + \\ & (\pm) \end{matrix}$	Penname of Yi-Hwang (16 th century AD), scholar of neo-Confucianism, diagram: Chinese for "scholar" (士), movements represent his birthplace on 37° latitude
<i>Saju Tulgi</i>	4 / 8	+	<i>4-Directional Thrust</i>
Hwa-Rang	29	I	Youth group from Silla Dynasty (early 7 th century AD), movements represent 29 th Infantry Division where Taekwondo matured
Choong-Moo	30	I	Given name of Admiral Yi Soon-Sin (Lee Dynasty), invented first armored battleship; Kobukson (1592 AD), precursor to submarine, early death symbolized by reverse strike at end
Kwang-Gae	39	$\begin{matrix} + & - \\ & (\pm) \end{matrix}$	
Po-Eun	36	-	
Gae-Baek	44		

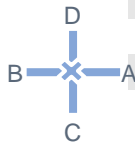


Exercise, With The Right Foot

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Parallel Ready Stance							
1	Stepping Forward	R	R	Walking Stance	R	Mid Punch	F
2	Turning L 90°(9 ^{:00} ;B)	R>L;R	L	Walking Stance	L	Low <u>Outer</u> Forearm Block	H
3	Stepping Forward	R	R	Walking Stance	R	Mid Punch	F
4	Turning L 90°(6 ^{:00} ;C)	R>L;R	L	Walking Stance	L	Low <u>Outer</u> Forearm Block	H
5	Stepping Forward	R	R	Walking Stance	R	Mid Punch	F
6	Turning L 90°(3 ^{:00} ;A)	R>L;R	L	Walking Stance	L	Low <u>Outer</u> Forearm Block	H
7	Stepping Forward	R	R	Walking Stance	R	Mid Punch	F
• Turning L 90°(12 ^{:00} ;D)							
Parallel Ready Stance							

Exercise, With The Left Foot

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Parallel Ready Stance							
1	Stepping Forward	L	L	Walking Stance	L	Mid Punch	F
2	Turning R 90°(3 ^{:00} ;A)	L>R;L	R	Walking Stance	R	Low <u>Outer</u> Forearm Block	H
3	Stepping Forward	L	L	Walking Stance	L	Mid Punch	F
4	Turning R 90°(6 ^{:00} ;C)	L>R;L	R	Walking Stance	R	Low <u>Outer</u> Forearm Block	H
5	Stepping Forward	L	L	Walking Stance	L	Mid Punch	F
6	Turning R 90°(9 ^{:00} ;B)	L>R;L	R	Walking Stance	R	Low <u>Outer</u> Forearm Block	H
7	Stepping Forward	L	L	Walking Stance	L	Mid Punch	F
• Turning R 90°(12 ^{:00} ;D)							
Parallel Ready Stance							

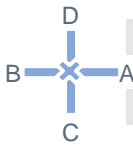


Exercise, With The Right Foot

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Parallel Ready Stance							
1	Stepping Backward	R	L	Walking Stance	L	Low Knife-Hand Block	H
2	Stepping Forward	R	R	Walking Stance	R	Mid Inner Forearm Side Block	H
3	Turning L 90°(9 ^{:00} ;B)	R>L;R	L	Walking Stance	L	Low Knife-Hand Block	H
4	Stepping Forward	R	R	Walking Stance	R	Mid Inner Forearm Side Block	H
5	Turning L 90°(6 ^{:00} ;C)	R>L;R	L	Walking Stance	L	Low Knife-Hand Block	H
6	Stepping Forward	R	R	Walking Stance	R	Mid Inner Forearm Side Block	H
7	Turning L 90°(3 ^{:00} ;A)	R>L;R	L	Walking Stance	L	Low Knife-Hand Block	H
8	Stepping Forward	R	R	Walking Stance	R	Mid Inner Forearm Side Block	H
• Turning L 90°(12 ^{:00} ;D)							
Parallel Ready Stance							

Exercise, With The Left Foot

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Parallel Ready Stance							
1	Stepping Backward	L	R	Walking Stance	R	Low Knife-Hand Block	H
2	Stepping Forward	L	L	Walking Stance	L	Mid Inner Forearm Side Block	H
3	Turning R 90°(3 ^{:00} ;A)	L>R;L	R	Walking Stance	R	Low Knife-Hand Block	H
4	Stepping Forward	L	L	Walking Stance	L	Mid Inner Forearm Side Block	H
5	Turning R 90°(6 ^{:00} ;C)	L>R;L	R	Walking Stance	R	Low Knife-Hand Block	H
6	Stepping Forward	L	L	Walking Stance	L	Mid Inner Forearm Side Block	H
7	Turning R 90°(9 ^{:00} ;B)	L>R;L	R	Walking Stance	R	Low Knife-Hand Block	H
8	Stepping Forward	L	L	Walking Stance	L	Mid Inner Forearm Side Block	H
• Turning R 90°(12 ^{:00} ;D)							
Parallel Ready Stance							

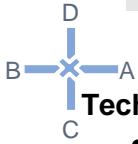


Chong-Ji

9th Gup Pattern; White Belt Yellow Tip; 19 Movements

Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Parallel Ready Stance							
1	Turning L 90°(9 ^{:00} ;B)	L	L Walking Stance	L Walking Stance	L Low	Outer Forearm Block	H
2	Moving Forward	R	R Walking Stance	R Walking Stance	R Mid	Punch	F
3	Turning R 180°(3 ^{:00} ;A)	R>L;R	R Walking Stance	R Walking Stance	R Low	Outer Forearm Block	H
4	Moving Forward	L	L Walking Stance	L Walking Stance	L Mid	Punch	F
5	Turning L 90°(12 ^{:00} ;D)	L>R;L	L Walking Stance	L Walking Stance	L Low	Outer Forearm Block	H
6	Moving Forward	R	R Walking Stance	R Walking Stance	R Mid	Punch	F
7	Turning R 180°(6 ^{:00} ;C)	R>L;R	R Walking Stance	R Walking Stance	R Low	Outer Forearm Block	H
8	Moving Forward	L	L Walking Stance	L Walking Stance	L Mid	Punch	F
9	Turning L 90°(3 ^{:00} ;A)	L>R;L	R L-Stance	R L-Stance	L Mid	Inner Forearm Block	H
10	Moving Forward	R	R Walking Stance	R Walking Stance	R Mid	Punch	F
11	Turning R 180°(9 ^{:00} ;B)	R>L;R	L L-Stance	L L-Stance	R Mid	Inner Forearm Block	H
12	Moving Forward	L	L Walking Stance	L Walking Stance	L Mid	Punch	F
13	Turning L 90°(6 ^{:00} ;C)	L>R;L	R L-Stance	R L-Stance	L Mid	Inner Forearm Block	H
14	Moving Forward	R	R Walking Stance	R Walking Stance	R Mid	Punch	F
15	Turning R 180°(12 ^{:00} ;D)	R>L;R	L L-Stance	L L-Stance	R Mid	Inner Forearm Block	H
16	Moving Forward	L	L Walking Stance	L Walking Stance	L Mid	Punch	F
17	Moving Forward	R	R Walking Stance	R Walking Stance	R Mid	Punch	F
18	Moving Backward	R	L Walking Stance	L Walking Stance	L Mid	Punch	F
19	Moving Backward	L	R Walking Stance	R Walking Stance	R Mid	Punch	F
• Moving Forward L Parallel Ready Stance							



Techniques

- **Leg:** Parallel Ready Stance, Walking Stance, L-Stance
- **Arm:** Mid Punch, Low Outer Forearm Block, Mid Inner Forearm Block
- **Movements:** Moving Backward

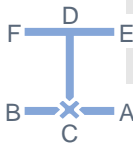
Insights

- With the exception of the first turn, all turns are made towards your punching arm.
- When turning toward your left punching arm, the turn is 90°.
- When turning toward your right punching arm, the turn is 180°.
- The arm you turn towards is the same arm that will execute the next block.



Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
	• (12 ^{:00} ;D)			Parallel Ready Stance			
1	Turning L 90°(9 ^{:00} ;B)	L	R L-Stance		Mid Knife-Hand Guarding Block		H
2	Moving Forward	R	R Walking Stance		R High Punch*		F
3	Turning R 180°(3 ^{:00} ;A)	R>L;R	L L-Stance		Mid Knife-Hand Guarding Block		H
4	Moving Forward	L	L Walking Stance		L High Punch*		F
5	Turning L 90°(12 ^{:00} ;D)	L>R;L	L Walking Stance		L Low <u>Outer</u> Forearm Block		H
6	Moving Forward	R	R Walking Stance		R High Punch		F
7	Moving Forward	L	L Walking Stance		L High Punch		F
8	Moving Forward	R	R Walking Stance		R High Punch		F
9	Turning L 270°(3 ^{:00} ;E)	L>R;L	R L-Stance		<u>L Mid/R High</u> Twin Forearm Block		H
10	Moving Forward	R	R Walking Stance		R High Punch*		F
11	Turning R 180°(9 ^{:00} ;F)	R>L;R	L L-Stance		<u>R Mid/L High</u> Twin Forearm Block		H
12	Moving Forward	L	L Walking Stance		L High Punch*		F
13	Turning L 90°(6 ^{:00} ;C)	L>R;L	L Walking Stance		L Low <u>Outer</u> Forearm Block		H
14	Continuous Motion [1 <u>Breath</u> , 2 <u>Sine Waves</u>]				L <u>High</u> Forearm Raising Block		F
15	Moving Forward	R	R Walking Stance		R <u>High</u> Forearm Raising Block		F
16	Moving Forward	L	L Walking Stance		L <u>High</u> Forearm Raising Block		F
17	Moving Forward	R	R Walking Stance		R <u>High</u> Forearm Raising Block		F
18	Turning L 270°(9 ^{:00} ;B)	L>R;L	R L-Stance		L Mid Knife-Hand Strike		H
19	Moving Forward	R	R Walking Stance		R High Punch		F
20	Turning R 180°(3 ^{:00} ;A)	R>L;R	L L-Stance		R Mid Knife-Hand Strike		H
21	Moving Forward	L	L Walking Stance		L High Punch		F
	• Turning L 90°(12 ^{:00} ;D)	L		Parallel Ready Stance			



* **Blackbelts:** A "High Punch" that follows a *Mid* or *High* technique can be preformed "Short". Since the punching arm is at chest height or higher prior to the punch, it is left at its current height during the subsequent "High Punch". The punching arm is not lowered to the belt as per normal punch preparation.

Techniques

- **Leg:** Parallel Ready Stance, Walking Stance, L-Stance
- **Arm:** *Mid* Knife-Hand Guard, *High* Punch, *Low* Outer Forearm Block, *High* Outer Forearm Guard, *High* Raising Block, *High* Knife-Hand Strike
- **Movements:** Continuous Motion [1 Breath, 2 Sine Waves]

Insights

- When turning toward your left punching arm, the turn is 90°.
- When turning toward your right punching arm, the turn is 180°.

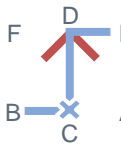


Do-San (To-San)

7th Gup Pattern: Yellow Belt Green Tip: 24 Movements

Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)			Parallel Ready Stance			
1	Turning L 90°(9 ^{:00} ;B)	L	L	Walking Stance	L High	Side Outer Forearm Block	H
2					R Mid	Punch	F
3	Spot Turn M1 R (3 ^{:00} ;A)	L;R	R	Walking Stance	R High	Side Outer Forearm Block	H
4					L Mid	Punch	F
5	Turning L 90°(12 ^{:00} ;D)	L>R;L	R	L-Stance	Mid	Knife-Hand Guarding Block	H
6	Moving Forward	R	R	Walking Stance	R Mid	Straight Fingertip Thrust	F
7	Turning L 30°(11 ^{:00})	L		<u>Wide Parallel Stance</u>	R Mid	Downward-Facing Palm	
	Turning L 330°(12 ^{:00} ;D)	L>R;L	L	Walking Stance	L High	Side Back Fist Strike	H
8	Moving Forward	R	R	Walking Stance	R High	Side Back Fist Strike	H
9	Turning L 270°(3 ^{:00} ;E)	L>R;L	L	Walking Stance	L High	Side Outer Forearm Block	H
10					R Mid	Punch	F
11	Spot Turn M1 R (9 ^{:00} ;F)	L;R	R	Walking Stance	R High	Side Outer Forearm Block	H
12					L Mid	Punch	F
13	Turning L 120°(5 ^{:00} ;CE)	L>R;L	L	Walking Stance	High	Outer Forearm Wedging Block	F
14				R Mid	Front Snap Kick		
15	Moving Forward	R	R	Walking Stance	R Mid	Punch	F
16	Fast Motion [2 Breaths, 1.5 Sine Waves]				L Mid	Punch	F
17	Turning R 60°(7 ^{:00} ;CF)	R>L;R	R	Walking Stance	High	Outer Forearm Wedging Block	F
18				L Mid	Front Snap Kick		
19	Moving Forward	L	L	Walking Stance	L Mid	Punch	F
20	Fast Motion [2 Breaths, 1.5 Sine Waves]				R Mid	Punch	F
21	Turning L ~30°(6 ^{:00} ;C)	L>R;L	L	Walking Stance	L High	Forearm Raising Block	F
22	Moving Forward	R	R	Walking Stance	R High	Forearm Raising Block	F
23	Turning L 270°(9 ^{:00} ;B)	L>R;L		Sitting Stance (12 ^{:00} ;D)	L Mid	Side Knife-Hand Strike	S
24	Turning R 180°(3 ^{:00} ;A)	L>R;R		Sitting Stance (12 ^{:00} ;D)	R Mid	Side Knife-Hand Strike	S
•	Turning L 90°(12 ^{:00} ;D)	R		Parallel Ready Stance			



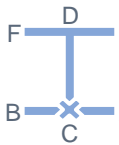
Techniques

- **Leg:** Parallel Ready Stance, Walking Stance, L-Stance, Parallel Stance, Mid Front Snap Kick
- **Arm:** High Twin Outer Forearm Block, Mid Punch, Mid Knife-Hand Guard, Mid Spear Finger Thrust, Mid Downward Palm-Heal, High Side Back Fist Strike, High Wedging Block, High Raising Block, High Knife-Hand Strike
- **Movements:** Taru-Turah, Fast Motion [2 Breaths, 1.5 Sine Waves]



Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)				Close Ready Stance A			
1	Turning L 90°(9 ^{:00} ;B)	L	R L-Stance		<u>L Mid/R High</u> Twin <u>Outer</u> Forearm Block	H	
2					R High Inward Knife-Hand Strike (10 ^{:00}) L Mid Side Fist to R Shoulder	H	
3	Sliding Forward	L>R;L	L Fixed Stance		L Mid Punch	H	
4	Turning R 180°(3 ^{:00} ;A)	L>R;R	L L-Stance		<u>R Mid/L High</u> Twin <u>Outer</u> Forearm Block	H	
5					L High Inward Knife-Hand Strike (2 ^{:00} ;A?) R Mid Side Fist to L Shoulder	H	
6	Sliding Forward	R>L;R	R Fixed Stance		R Mid Punch	H	
7	Turning L 90°(12 ^{:00} ;D)	R>L;L	R Bending Ready Stance A		<u>Mid Guarding Block</u>	H	
8					L Mid Side Piercing Kick		
9	Moving Forward	L	R L-Stance		Mid Knife-Hand Guarding Block	H	
10	Moving Forward	R	L L-Stance		Mid Knife-Hand Guarding Block	H	
11	Moving Forward	L	R L-Stance		Mid Knife-Hand Guarding Block	H	
12	Moving Forward	R	R Walking Stance		R <u>Mid</u> Straight Fingertip Thrust	F	
13	Turning L 270°(3 ^{:00} ;E)	L>R;L	R L-Stance		<u>L Mid/R High</u> Twin <u>Outer</u> Forearm Block	H	
14					R High Inward Knife-Hand Strike (4 ^{:00} ;E?) L Mid Side Fist to R Shoulder	H	
15	Sliding Forward	L>R;L	L Fixed Stance		L Mid Punch	H	
16	Turning R 180°(9 ^{:00} ;F)	L>R;R	L L-Stance		<u>R Mid/L High</u> Twin <u>Outer</u> Forearm Block	H	
17					L High Inward Knife-Hand Strike (8 ^{:00} ;F?) R Mid Side Fist to L Shoulder	H	
18	Sliding Forward	R>L;R	R Fixed Stance		R Mid Punch	H	
19	Turning L 90°(6 ^{:00} ;C)	R>L;L	L Walking Stance		R Low Inner Forearm Circular Block (8 ^{:00} ;CF)	RH	
20					R Low Front Snap Kick		
21	Moving Forward	R	R Walking Stance		L Mid Punch	F	
22					<u>L Low</u> Inner Forearm Circular Block (4 ^{:00} ;CE)	RH	
23					L Low Front Snap Kick		
24	Moving Forward	L	L Walking Stance		R Mid Punch	F	
25		R>L;R	L Bending Ready Stance A		<u>Mid Guarding Block</u>	H	
26					R Mid Side Piercing Kick		
27	Turning L 270°(9 ^{:00} ;B)	R>L;L	R L-Stance		Mid Forearm Guarding Block	H	
28	Turning L 180°(3 ^{:00} ;A)	L>R;R	L L-Stance		Mid Forearm Guarding Block	H	
•	Turning R 90°(12 ^{:00} ;D)	R>L		Close Ready Stance A			



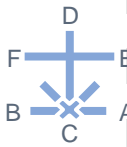
Techniques

- **Leg:** Close Ready Stance A, L-Stance, Fixed Stance, Bending Ready Stance A, Mid Side Piercing Kick, Walking Stance, Low Front Snap Kick
- **Arm:** High Twin Outer Forearm Block, High Inward Knife-Hand Strike, Mid Punch, Mid Guarding Block, Mid Knife-Hand Guard, Mid Straight Fingertip Thrust, Low Inner Forearm Circular Block
- **Movements:** none



Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)				Parallel Ready Stance			
1	Moving Across	L	Sitting Stance		L Mid	Extended Fist	F
2					R Mid	Punch	F
3	Fast Motion [2 Breaths, 1.5 Sine Waves]				L Mid	Punch	F
4	Moving Across	L>R;R	Sitting Stance		R Mid	Extended Fist	F
5					L Mid	Punch	F
6	Fast Motion [2 Breaths, 1.5 Sine Waves]				R Mid	Punch	F
7	Turning R 30°(1 ^{:00} ;AD)	R>L;R	R Walking Stance		R High	Inner Forearm Side Block	H
8				L Low		Front Snap Kick	
9		L	L Walking Stance		L Mid	Punch	F
10	Fast Motion [2 Breaths, 1.5 Sine Waves]				R Mid	Punch	F
11	Turning L 60°(11 ^{:00} ;BD)	L>R;L	L Walking Stance		L High	Inner Forearm Side Block	H
12				R Low		Front Snap Kick	
13		R	R Walking Stance		R Mid	Punch	F
14	Fast Motion [2 Breaths, 1.5 Sine Waves]				L Mid	Punch	F
15	Turning R 30°(12 ^{:00} ;D)	R>L;R	R Walking Stance		R Mid	Hooking Block	H
16					L Mid	Hooking Block	RH
17	Connecting Motion [1 Breath, 1 Sine Wave]				R Mid	Punch	F
18	Moving Forward	L	L Walking Stance		L Mid	Hooking Block	H
19					R Mid	Hooking Block	RH
20	Connecting Motion [1 Breath, 1 Sine Wave]				L Mid	Punch	F
21	Moving Forward	R	R Walking Stance		R Mid	Punch	F
22		L>R;L	R Bending Ready Stance A		Mid	Guarding Block	H
23				L Mid		Side Piercing Kick	
24	Moving Forward	L	L Walking Stance		R Mid	Front Elbow Strike into L Palm	F
25	Turning R 180°(6 ^{:00} ;C)	R>L;R	L Bending Ready Stance A		Mid	Guarding Block	H
26				R Mid		Side Piercing Kick	
27	Moving Forward	R	R Walking Stance		L Mid	Front Elbow Strike into R Palm	F
28	Turning L 90°(3 ^{:00} ;E)	L>R;L	R L-Stance		High	Twin Knife-Hand Block	H
29	Moving Forward	R	R Walking Stance		R Mid	Straight Fingertip Thrust	F
30	Turning R 180°(9 ^{:00} ;F)	R>L;R	L L-Stance		High	Twin Knife-Hand Block	H
31	Moving Forward	L	L Walking Stance		L Mid	Straight Fingertip Thrust	F
32	Turning L 90°(6 ^{:00} ;C)	L>R;L	L Walking Stance		L High	Outer Forearm Side Block	H
33					R Mid	Punch	F
34	Moving Forward	R	R Walking Stance		R High	Outer Forearm Side Block	H
35					L Mid	Punch	F
36	Jumping Forward	L;R	L X-Stance (9 ^{:00} ;B)		L High	Side Back Fist Strike (6 ^{:00} ;C?)	S
37	Turning R 270°(3 ^{:00} ;A)	R	R Walking Stance		R High	Double Forearm Block	H
38	Turning L 180°(9 ^{:00} ;B)	R>L;L	L Walking Stance		L High	Double Forearm Block	H
• (12 ^{:00} ;D)		L		Parallel Ready Stance			



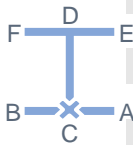
Techniques

- **Leg:** Parallel Ready Stance, Sitting Stance, Walking Stance, Low Front Snap Kick, Bending Ready Stance A, Mid Side Piercing Kick, L-Stance, X-Stance
- **Arm:** Mid Extended Fist, Mid Punch, Mid Inner Forearm Block, Mid Hooking Block, Guarding Block, Mid Elbow Strike into L Palm, High Twin Knife-Hand Block, Mid Spear Finger Thrust, Mid Outer Forearm Block, High Side Back Fist Strike, High Double Forearm Block
- **Movements:** Connecting Motion (1 Breath, 1 Sine Wave), Fast Motion (2 Breaths, 1.5 Sine Waves), Jumping Forward



Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)			Close Ready Stance B			
1	Turning L 90°(9 ^{:00} ;B)	L	R L-Stance		L Mid	Reverse Knife-Hand Side Block	H
2			L	Low Front Snap Kick			
3	Moving Forward	L;R	L	Rear Foot Stance	R Mid	Palm Upward Block	H
4	Turning R 180°(3 ^{:00} ;A)	R	L L-Stance		R Mid	Reverse Knife-Hand Side Block	H
5			R	Low Front Snap Kick			
6	Moving Forward	R;L	R	Rear Foot Stance	L Mid	Palm Upward Block	H
7	Turning L 90°(12 ^{:00} ;D)	L	R L-Stance		Mid	Knife-Hand Guarding Block	H
8	Slipping Forward	L	L	Walking Stance	R High	Upward Elbow Strike	F
9	Moving Forward	R	L L-Stance		Mid	Knife-Hand Guarding Block	H
10	Slipping Forward	R	R	Walking Stance	L High	Upward Elbow Strike	F
11	Moving Forward	L	L	Walking Stance	High	Twin Vertical Punch	F
12	Moving Forward	R	R	Walking Stance	Mid	Twin Upset Punch	F
13	Spot Turn M1 L (6 ^{:00} ;C)	R;L	L	Walking Stance	L High	Raising X-Block	F
14	Turning L 90°(3 ^{:00} ;E)	L>R;L	R L-Stance		L High	Side Back Fist Strike	H
15	Slipping Forward	L	L	Walking Stance	L Mid	Downward Back Fist	F
16	Fast Motion [2 Breaths, 1.5 Sine Waves]				R High	Punch	F
17	Turning R 180°(9 ^{:00} ;F)	L>R;R	L L-Stance		R High	Side Back Fist Strike	H
18	Slipping Forward	R	R	Walking Stance	R Mid	Downward Back Fist	H
19	Fast Motion [2 Breaths, 1.5 Sine Waves]				L High	Punch	F
20	Turning L 90°(6 ^{:00} ;C)	R>L;L	L	Walking Stance	L High	Side Double Forearm Block	H
21	Slipping Backward	L	R L-Stance		L Mid	Punch	H
22			R	Mid Side Piercing Kick			
23	Moving Forward	R	R	Walking Stance	R High	Side Double Forearm Block	H
24	Slipping Backward	R	L L-Stance		R Mid	Punch	H
25			L	Mid Side Piercing Kick			
26	Moving Forward	L	R L-Stance		Mid	Guarding Block	H
27	Slowly Slipping Forward	L>R;L	L	Low Stance	R Low	Palm Pressing Block	F
28	Moving Forward	R	L L-Stance		Mid	Guarding Block	H
29	Slowly Slipping Forward	R>L;R	R	Low Stance	L Low	Palm Pressing Block	F
30	Slowly Turning L 90°(3 ^{:00} ;A)	L>R		Close Stance	R High	Angle Punch	F
31	Moving Forward	R	R	Fixed Stance		U-Shaped Block	H
32	Turning L 180°(9 ^{:00} ;B)	R>L;L	L	Fixed Stance		U-Shaped Block	H
•	Turning R 90°(12 ^{:00} ;D)	L>R		Close Ready Stance B			



Techniques

- **Leg:** Close Ready Stance B, L-Stance, Low Front Snap Kick, Rear Foot Stance, Walking Stance, Mid Side Piercing Kick, Low Stance, Close Stance, Fixed Stance
- **Arm:** Mid Reverse Knife-Hand Block, Mid Palm Heal Block, Mid Knife-Hand Guard, High Upward Elbow Strike, High Twin Vertical Punch, Mid Twin Upset Punch, Mid Palm Heal Block, High Raising X-Block, High Side Back Fist Strike, Mid Palm Heal Block, Mid Downward Back Fist, Mid Knife-Hand Guard, High Punch, High Double Forearm Block, Mid Guarding Block, Mid Palm Pressing Block, High Hooking (Angle) Punch, U-Shaped Block
- **Movements:** Taru-Turah, Fast Motion (2 Breaths, 1.5 Sine Waves), Slowly Moving Forward

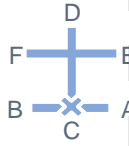


Toi-Gye

3rd Gup Pattern; Blue Belt Red Tip; 37 Movements

Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)			Close Ready Stance B			
1	Turning L 90°(9 ^{:00} ;B)	L	R L-Stance		L Mid Inner Forearm Block		H
2	Slipping Forward	L	L Walking Stance		R Low Upset Fingertip Thrust L Mid Side Fist to R Shoulder		F
3	Turning R 90°(12 ^{:00} ;D) In Slow Motion	L>R	Close Stance		R <u>High</u> Side Back Fist Strike (6 ^{:00} ;C) L Low Block		F
4	Turning R 90°(3 ^{:00} ;A)	R	L L-Stance		R Mid Inner Forearm Block		H
5	Slipping Forward	R	R Walking Stance		L Low Upset Fingertip Thrust R Mid Side Fist to L Shoulder		F
6	Turning L 90°(12 ^{:00} ;D) In Slow Motion	R>L	Close Stance		L <u>High</u> Side Back Fist Strike (6 ^{:00} ;C) R Low Block		F
7	Moving Forward	L	L Walking Stance		L <u>Low</u> X-Fist Pressing Block		F
8	Continuous Motion [1 <u>Breath</u> , 2 <u>Sine Waves</u>]				High Twin Vertical Punch		F
9				R Mid Front Snap Kick			
10	Moving Forward	R	R Walking Stance		R Mid Punch		F
11					L Mid Punch		F
12	Slowly Turning L 90°(9 ^{:00} ;F) L>R	L>R	Close Stance		<u>Mid</u> Twin Side Elbow Thrust		F
13	Turning L 90°(6 ^{:00} ;C)	R*	Stamping Sitting Stance		R <u>High</u> Outer Forearm W-Shaped Block		F
14	Turning R 180°(12 ^{:00} ;D)	L*	Stamping Sitting Stance		L <u>High</u> Outer Forearm W-Shaped Block		F
15	Turning R 180°(6 ^{:00} ;C)	L*	Stamping Sitting Stance		L <u>High</u> Outer Forearm W-Shaped Block		F
16	Turning R 180°(12 ^{:00} ;D)	R*	Stamping Sitting Stance		R <u>High</u> Outer Forearm W-Shaped Block		F
17	Turning R 180°(6 ^{:00} ;C)	L*	Stamping Sitting Stance		L <u>High</u> Outer Forearm W-Shaped Block		F
18	Turning R 180°(12 ^{:00} ;D)	L*	Stamping Sitting Stance		L <u>High</u> Outer Forearm W-Shaped Block		F
19	Moving Forward	R>L;L	R L-Stance		L Low Double Forearm Pushing Block		H
20	Slipping Forward	L	L Walking Stance		<u>High</u> Head Grab		F
21				R Mid Upward Knee	<u>Mid</u> <u>Head Grab</u> (<u>Pulling Down</u>)		
22	Spot Turn L (6 ^{:00} ;C)	R>L;L	R L-Stance		Mid Knife-Hand Guarding Block		H
23				L Low Side Front Snap Kick			
24	Moving Forward	L	L Walking Stance		L High Flat Fingertip Thrust		F
25	Moving Forward	R	L L-Stance		Mid Knife-Hand Guarding Block		H
26				R Low Side Front Snap Kick			
27	Moving Forward	R	R Walking Stance		R High Flat Fingertip Thrust		F
28	Moving Backward (D)	R	R L-Stance		R High Back Fist Strike (12 ^{:00} ;D) L Low <u>Outer</u> Forearm Block		H
29	Jumping Forward [†] Turning L 90°(3 ^{:00} ;A)	R+L	R X-Stance		R <u>Low</u> X-Fist Pressing Block		F
30	Turning R 90°(6 ^{:00} ;C)	R	R Walking Stance		R High Double <u>Outer</u> Forearm Block		H
31	Turning L 270°(9 ^{:00} ;B)	L	R L-Stance		Low Knife-Hand Guarding Block		H
32	Slipping Forward	L	L Walking Stance		R <u>Low</u> Inner Forearm Circular Block (10 ^{:00} ;BD)		RH
33	Turning R 180°(3 ^{:00} ;A)	L>R;R	L L-Stance		Low Knife-Hand Guarding Block		H
34	Slipping Forward	R	R Walking Stance		L <u>Low</u> Inner Forearm Circular Block (2 ^{:00} ;AD)		RH
35	Twisting L 120°(10 ^{:00} ;CE?) [‡]	L+R	L Walking Stance		R <u>Low</u> Inner Forearm Circular Block (12 ^{:00} ;D)		RH
36	Twisting R 120°(3 ^{:00} ;A) [‡]	L+R	R Walking Stance		L <u>Low</u> Inner Forearm Circular Block (2 ^{:00} ;AD)		RH
37	Turning R 90°(12 ^{:00} ;D)	R	Sitting Stance		R Mid Punch		F
•		R>L		Close Ready Stance B			



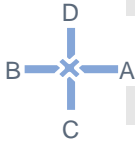
* A "Stamping" step involves bringing the transitioning foot to the floor abruptly, resulting in a sound to accentuate the motion.
[†] A "Forward Jump" in this context covers a distance of approx. 1 shoulder width, is powered by both legs and emphasizes height over distance.
[‡] A "120° Twist" in this context involves both feet pivoting on the balls of the feet in unison into the opposite Walking Stance. The turn is described as approx. 120° as the feet do not change position (as compared to Spot Turn, for example), the feet merely change direction where the body's facing rotates by approx. 120°.

Exercise, With The Right Foot

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Close Ready Stance C							
1	Sliding Forward	R;L	R L-Stance	(6 ^{:00} ;C)	R <u>Mid</u>	Side Elbow Thrust (12 ^{:00} ;D)	H
2	Turning L 90° (9 ^{:00} ;B)	R>L	R L-Stance	(3 ^{:00} ;A)	R <u>Mid</u>	Side Elbow Thrust (9 ^{:00} ;B)	H
3	Turning L 90° (6 ^{:00} ;C)	R>L	R L-Stance	(12 ^{:00} ;D)	R <u>Mid</u>	Side Elbow Thrust (6 ^{:00} ;C)	H
4	Turning L 90° (3 ^{:00} ;A)	R>L	R L-Stance	(9 ^{:00} ;B)	R <u>Mid</u>	Side Elbow Thrust (3 ^{:00} ;A)	H
• Turning L 90° (12 ^{:00} ;D)							
Close Ready Stance C							

Exercise, With The Left Foot

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
• (12 ^{:00} ;D)							
Close Ready Stance C							
1	Sliding Forward	L;R	L L-Stance	(6 ^{:00} ;C)	L <u>Mid</u>	Side Elbow Thrust (12 ^{:00} ;D)	H
2	Turning R 90° (3 ^{:00} ;A)	L>R	L L-Stance	(9 ^{:00} ;B)	L <u>Mid</u>	Side Elbow Thrust (3 ^{:00} ;A)	H
3	Turning R 90° (6 ^{:00} ;C)	L>R	L L-Stance	(12 ^{:00} ;D)	L <u>Mid</u>	Side Elbow Thrust (6 ^{:00} ;C)	H
4	Turning R 90° (9 ^{:00} ;B)	L>R	L L-Stance	(3 ^{:00} ;A)	L <u>Mid</u>	Side Elbow Thrust (9 ^{:00} ;B)	H
• Turning R 90° (12 ^{:00} ;D)							
Close Ready Stance C							

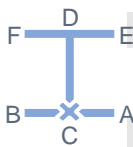


Hwa-Rang

2nd Gup Pattern; Red Belt; 29 Movements

Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)			Close Ready Stance C			
1	Moving Across	L		Sitting Stance	L Mid Palm Pushing Block		F
2					R Mid Punch		F
3					L Mid Punch		F
4	Turning R 90°(3 ^{:00} ;A)	R>L;R	L	L L-Stance	R Mid/L High Twin Outer Forearm Block		H
5					L High Upward Punch (2 ^{:00} ;A?)		H
6	Sliding Forward	R>L;L+R	R	R Fixed Stance	R Mid Punch		H
7		R	L	L Vertical Stance	R High Downward Knife-Hand Strike		H
8		L	L	L Walking Stance	L Mid Punch		F
9	Turning L 90°(12 ^{:00} ;D)	L>R;L	L	L Walking Stance	L Low Outer Forearm Block		H
10	Moving Forward	R	R	R Walking Stance	R Mid Punch		F
11	Moving Forward	L		Parallel Stance L Heal raised (11 ^{:00})	L Palm over R Fore-Fist R Elbow bent ~45°to (11 ^{:00})		
12		R	R	R Mid Side Piercing Kick	L Hand pulls R Fist to (6 ^{:00} ;C)		
		R	L	L L-Stance	R Mid Side Knife-Hand Strike		H
13	Moving Forward	L	L	L Walking Stance	L Mid Punch		F
14	Moving Forward	R	R	R Walking Stance	R Mid Punch		F
15	Turning L 270°(3 ^{:00} ;E)	L>R;L	R	R L-Stance	Mid Knife-Hand Guarding Block		H
16	Moving Forward	R	R	R Walking Stance	R Mid Straight Fingertip Thrust		F
17	Spot Turn M1 L (9 ^{:00} ;F)	R;L>R;L	R	R L-Stance	Mid Knife-Hand Guarding Block		H
18		R	R	R High Turning Kick (10 ^{:00} ;DF)			
18	Moving Forward	R		L Rear Foot Stance			
19	Fast Motion [2 B. 1.5 SW]		L	L High Turning Kick (8 ^{:00} ;CF)			
19	Moving Forward	L	R	R L-Stance	Mid Knife-Hand Guarding Block		H
20	Turning L 90°(6 ^{:00} ;C)	L>R;L	L	L Walking Stance	L Low Outer Forearm Block		H
21		L	R	R L-Stance	R Mid Punch (7 ^{:00})		H
22	Moving Forward	R	L	L L-Stance	L Mid Punch (5 ^{:00} ;C?)		H
23	Moving Forward	L	R	R L-Stance	R Mid Punch (7 ^{:00} ;C?)		H
24		L>R;L	L	L Walking Stance	L Low X-Fist Pressing Block		F
25	Sliding Forward	R>L;R;L	R	R L-Stance (12 ^{:00} ;D)	R Mid Side Elbow Thrust (6 ^{:00} ;C)		H
26	Turning L 270°(9 ^{:00} ;B)	L>R		Close Stance	R High Inner Forearm Side Front Block L Low Outer Forearm Block		F
27		L+R		Close Stance	L High Inner Forearm Side Front Block R Low Outer Forearm Block		F
28	Moving Forward	L	R	R L-Stance	Mid Knife-Hand Guarding Block		H
29	Turning R 180°(3 ^{:00} ;A)	L>R;R	L	L L-Stance	Mid Knife-Hand Guarding Block		H
•	Turning L 90°(12 ^{:00} ;D)	R>L		Close Ready Stance C			

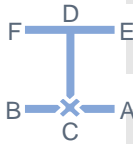


Choong-Moo

1st Gup Pattern; Red Belt Black Tip; 30 Movements

Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)			Parallel Ready Stance			
1	Turning L 90°(9 ^{:00} ;B)	L>R;L	R	L-Stance	High	Twin Knife-Hand Raising Block	H
2	Moving Forward	R	R	Walking Stance	R High	Knife-Hand Strike L Palm in front of Forehead	F
3	Turning R 180°(3 ^{:00} ;A)	R>L;R	L	L-Stance	Mid	Knife-Hand Guarding Block	H
4	Moving Forward	L	L	Walking Stance	L High	Flat Fingertip Thrust	F
5	Turning L 90°(12 ^{:00} ;D)	L>R;L	R	L-Stance	Mid	Knife-Hand Guarding Block	H
6	Turning R 180°(6 ^{:00} ;C)	R	L	Bending Ready Stance A	Mid	Guarding Block	H
7		R	R	Mid Side Piercing Kick			
8	Turning L 180°(12 ^{:00} ;D)	R	R	L-Stance	Mid	Knife-Hand Guarding Block	H
9	Step-Jumping Forward	R;L;R	R	High Flying Side Piercing Kick L L-Stance	Mid	Knife-Hand Guarding Block	H
10	Turning L 270°(3 ^{:00} ;E)	L>R;L	R	L-Stance	L Low	Outer Forearm Block	H
11	Slipping Forward	L	L	Walking Stance	High	Head Grab	F
12		R	R	Upward Knee	Mid	Head Grab (Pulling Down)	
13	Turning L 180°(9 ^{:00} ;F)	R>L;L	L	Walking Stance	R High	Reverse Knife-Hand Front Strike L Hand under R Elbow	F
14	Moving Forward	R	R	High Turning Kick (10 ^{:00} ;DF) L Vertical Stance			
15	Fast Motion [2.B, 1.5 SW]	L	L	Mid Back Piercing Kick			
16	Turning R 180°(3 ^{:00} ;E)	L	L	L-Stance	Mid	Outer Forearm Guarding Block	H
17		L	L	Mid Turning Kick (2 ^{:00} ;DE)			
18	Turning R 90°(6 ^{:00} ;C)	L>R;R	R	Fixed Stance	U-Shaped	Block	H
19	Jumping Up L 360°(6 ^{:00} ;C)	L+R	L	L-Stance	Mid	Knife-Hand Guarding Block	H
20	Moving Forward	L	L	Walking Stance	R Low	Upset Fingertip Thrust	F
21	Slipping Backward	L	R	L-Stance	R High	Side Back Fist Strike (2 ^{:00} ;D) L Low	Outer Forearm Block
22	Moving Forward	R	R	Walking Stance	R Mid	Straight Fingertip Thrust	F
23	Turning L 270°(9 ^{:00} ;B)	L>R;L	L	Walking Stance	L High	Double Forearm Block	H
24	Turning L 90°(6 ^{:00} ;C)	R		Sitting Stance	R Mid	Front Forearm Block (6 ^{:00} ;C)	F
•					R High	Side Back Fist Strike (9 ^{:00} ;B)	S
25	Turning L 90°(3 ^{:00} ;A)	R;R	R	Mid Side Piercing Kick			
26		L	L	Mid Side Piercing Kick			
27	Turning R 180°(9 ^{:00} ;B)	L;R	L	L-Stance	R	X-Knife-Hand Checking Block	H
28	Moving Forward	L	L	Walking Stance	Twin Palm	Upward Block	F
29	Spot Turn M1 R (3 ^{:00} ;A)	L;R	R	Walking Stance	R High	Forearm Raising Block	F
30					L Mid	Punch	F
•	Turning L 90°(12 ^{:00} ;D)			Parallel Ready Stance			

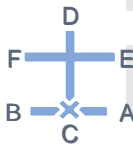


Kwang-Gae

1st Dan Pattern 1/3; Black Belt; 39 Movements

Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)						
				Parallel Stance with Heaven Hand			
1		L>R		Close Ready Stance B		Hands transition in circular motion	F
2	Slowly Moving Forward	L		L Walking Stance		R Upset Punch	F
3	Slowly Moving Forward	R		R Walking Stance		L Upset Punch	F
4	Moving Forward	L>R;R		R Walking Stance		R High Hooking Block	H
5	Sliding Backward	R		R L-Stance		Low Knife-Hand Guarding Block	H
6	Moving Forward	R>L;L		L Walking Stance		L High Hooking Block	H
7	Sliding Backward	L		L L-Stance		Low Knife-Hand Guarding Block	H
8	Moving Forward	L		R Rear Foot Stance		High Knife-Hand Guarding Block	H
9	Moving Forward	R		L Rear Foot Stance		High Knife-Hand Guarding Block	H
10	Slowly Turning L 180°(6 ^{:00} ;C)	L>R;R		L Walking Stance		R <u>Mid</u> Upward Palm Block	H
11	Slowly Moving Forward	R		R Walking Stance		L <u>Mid</u> Upward Palm Block	H
12	Moving Forward	L>R		Close Stance		R Low Knife-Hand Front Block into L Palm in circular motion	F
13	Turning L 90°(3 ^{:00} ;E)	L		L <u>Low</u> Pressing Kick		Hands stay in previous position	
14		L		L <u>Mid</u> Side Piercing Kick		Hands stay in previous position	
15	Moving Forward	L		R L-Stance		R High Inward Knife-Hand Strike L Mid Side Fist to R Shoulder	H
16	Turning R 180°(9 ^{:00} ;F)	L>R		Close Stance (6 ^{:00} ;C)		L <u>High</u> (?) Downward Side Fist Strike	S
17				R <u>Low</u> Pressing Kick		Hands stay in previous position	
18				R <u>Mid</u> Side Piercing Kick		Hands stay in previous position	
19	Moving Forward	R		L L-Stance		L High Inward Knife-Hand Strike R Mid Side Fist to L Shoulder	H
20		R>L		Close Stance (6 ^{:00} ;C)		R <u>High</u> (?) Downward Side Fist Strike	S
21	Slowly Turning L 90°(6 ^{:00} ;C)	L		L Low Stance		R <u>Low</u> (?) Palm Pressing Block	F
22	Slowly Moving Forward	R		R Low Stance		L <u>Low</u> (?) Palm Pressing Block	F
23	Turning R 180°(12 ^{:00} ;D)	R*		Stamping Sitting Stance (9 ^{:00} ;F)		R High Back Fist Side Strike (12 ^{:00} ;D)	S
24		R		R Walking Stance		R Mid Double <u>Outer</u> Forearm Block	H
25	Shifting Backwards (C)	L;L+R				L Low <u>Outer</u> Forearm Block R Hand stays in previous position	RH
26	Slipping Forward	R		R Low Stance		R High Flat Fingertip Thrust	F
27	Turning L 180°(6 ^{:00} ;C)	L*		Stamping Sitting Stance (9 ^{:00} ;F)		L High Back Fist Side Strike (6 ^{:00} ;C)	S
28		R		L Walking Stance		L Mid Double <u>Outer</u> Forearm Block	H
29	Shifting Backwards (D)	R;L+R				R Low <u>Outer</u> Forearm Block L Hand stays in previous position	RH
30	Slipping Forward	L		L Low Stance		L High Flat Fingertip Thrust	F
31	Moving Forward	R*		Stamping R Walking Stance		High Twin Fist Vertical Punch	F
32	Turning L 90°(3 ^{:00} ;A)	L*		Stamping L Walking Stance		<u>Mid</u> (?) Twin Fist Upset Punch	F
33		R		R Mid Front Snap Kick		Hands stay in previous position	
34	Turning R 180°(9 ^{:00} ;B) Moving Backwards	R>L;L		L L-Stance		Mid Knife-Hand Guarding Block	H
35	Moving Forward	L		L Walking Stance		L High Punch	F
36	Moving Forward	R*		Stamping R Walking Stance		<u>Mid</u> (?) Twin Fist Upset Punch	F
37		L		L Mid Front Snap Kick		Hands stay in previous position	
38	Turning L 180°(3 ^{:00} ;A) Moving Backwards	L>R;R		R L-Stance		Mid Knife-Hand Guarding Block	H
39	Moving Forward	R		R Walking Stance		R High Punch	F
•	Turning L 90°(12 ^{:00} ;D)	L		Parallel Stance with Heaven Hand			



* A "Stamping" step involves bringing the transitioning foot to the floor abruptly, resulting in a sound to accentuate the motion.



Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
Parallel Stance with Heaven Hand							
•	(12 ^{:00} ;D)						
1	Turning L 90°(9 ^{:00} ;B)	L	R	L-Stance	Mid Outer	Forearm Guarding Block	H
2	Turning R 180°(3 ^{:00} ;A)	R	L	One-Leg Stance (12 ^{:00} ;D)	R Arm in High Back Fist Strike position L Mid Side Fist in front of R Shoulder		S
3			R	Low Pressing Kick	Hands stay in previous position		
4	Moving Forward	R		Sitting Stance (12 ^{:00} ;D)	R Mid Knife-Hand Side Strike		S
5	Turning L 90° (12 ^{:00} ;D)				L Mid Angle Punch R Hand stays in previous position during turn		F
6	Continuous Motion [1 Breath, 2 Sine Waves]				R Mid Inner Forearm Side Front Block L Low Fore Fist Pressing Block		F
7	Continuous Motion [1 Breath, 2 Sine Waves]				R Low Fore Fist Pressing Block L Mid Inner Forearm Side Front Block		F
8	Continuous Motion [1 Breath, 2 Sine Waves]				Mid Inner Forearm Wedging Block		F
9	Continuous Motion [1 Breath, 2 Sine Waves]				R Mid Back Elbow Thrust* (6 ^{:00} ;C) L Palm in front of R Fore-Fist		F
10	Continuous Motion [1 Breath, 2 Sine Waves]				R Mid Punch L Palm slipped to above R Elbow		F
11	Continuous Motion [1 Breath, 2 Sine Waves]				L Mid Back Elbow Thrust* (6 ^{:00} ;C) R Palm in front of L Fore-Fist		F
12	Continuous Motion [1 B, 2 SW]; Turning R 90° (3 ^{:00} ;A)				R Mid Horizontal Punch		S
B → D ← C	A 13 Moving Across	L	R	X-Stance (12 ^{:00} ;D)	R Low Outer L Finger Belly on R Under Forearm		F
	14 Turning R 90°(3 ^{:00} ;A)	R	L	L-Stance	U-Shaped Grasp		H
	15 Slowly Turning L 180°(9 ^{:00} ;B)	L>R		Close Stance (12 ^{:00} ;D)	Mid Outer Twin Elbow Horizontal Thrust		F
	16 Turning R 90°(12 ^{:00} ;D)	L		Sitting Stance	R High Back Fist Side Back Strike (6 ^{:00} ;C) L Arm extended at side 45°downward		F
	17 Moving Across	R	L	X-Stance	L Low Outer Forearm Front Block R Finger Belly on L Side Fist		F
	18 Turning L 90°(9 ^{:00} ;B)	L		Sitting Stance (12 ^{:00} ;D)	Low Reverse Knife-Hand Guarding Block		H
	19 Turning R 180°(3 ^{:00} ;A)	R	L	L-Stance	Mid Outer Forearm Guarding Block		H
	20 Turning L 180°(9 ^{:00} ;B)	L	R	One-Leg Stance (12 ^{:00} ;D)	R Arm in High Back Fist Strike position L Mid Side Fist in front of R Shoulder		S
	21		L	Low Pressing Kick	Hands stay in previous position		
	22 Moving Across	L		Sitting Stance (12 ^{:00} ;D)	L Mid Knife-Hand Side Strike		S
	23 Turning R 90° (12 ^{:00} ;D)				R Mid Angle Punch R Hand stays in previous position during turn		F
	24 Continuous Motion [1 Breath, 2 Sine Waves]				R Low Fore Fist Pressing Block L Mid Inner Forearm Side Front Block		F
	25 Continuous Motion [1 Breath, 2 Sine Waves]				R Mid Inner Forearm Side Front Block L Low Fore Fist Pressing Block		F
	26 Continuous Motion [1 Breath, 2 Sine Waves]				Mid Inner Forearm Wedging Block		F
	27 Continuous Motion [1 Breath, 2 Sine Waves]				L Mid Back Elbow Thrust* (6 ^{:00} ;C) R Palm in front of L Fore-Fist		F
	28 Continuous Motion [1 Breath, 2 Sine Waves]				L Mid Punch R Palm slipped to above L Elbow		F
	29 Continuous Motion [1 Breath, 2 Sine Waves]				R Mid Back Elbow Thrust* (6 ^{:00} ;C) L Palm in front of R Fore-Fist		F
	30 Continuous Motion [1 B, 2 SW]; Turning L 90° (9 ^{:00} ;B)				L Mid Horizontal Punch (9 ^{:00} ;B)		S
	31 Moving Across	R	L	X-Stance (12 ^{:00} ;D)	L Low Outer Forearm Front Block R Finger Belly on L Under Forearm		F
	32 Turning L 90°(9 ^{:00} ;B)	L	R	L-Stance	U-Shaped Grasp		H
	33 Slowly Turning R 180°(3 ^{:00} ;A)	R>L		Close Stance (12 ^{:00} ;D)	Mid Outer Twin Elbow Horizontal Thrust		F



34	Turning L 90°(12 ^{:00} ;D)	R	Sitting Stance	L <i>High</i> Back Fist Side Back Strike (6 ^{:00} ;C) R Arm extended at side 45° downward	F
35	Moving Across	L	R X-Stance (12 ^{:00} ;D)	R Low Outer Forearm Front Block L Finger Belly on R Side Fist	F
36	Turning R 90°(3 ^{:00} ;A)	R	Sitting Stance (12 ^{:00} ;D)	Low Reverse Knife-Hand Guarding Block	H
	• Turning L 90°(12 ^{:00} ;D)	L	Parallel Stance with Heaven Hand		

* No-look strike



Pattern

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ^{:00} ;D)			Parallel Ready Stance			
1	Moving Backward (C)	R	R	L-Stance	L	X Knife-Hand Checking Block	H
2		R	R	Low Twisting Kick		Hands stay in previous position	
3	Moving Forward	R	R	Walking Stance	R	Mid Punch	F
4	Fast Motion [2 Breaths, 1.5 Sine Waves]				L	Mid Punch	F
5	Moving Backward (C)	R	L	Walking Stance	L	High Rising Block	F
6	Continuous Motion [1 Breath, 2 Sine Waves]				L	Outer Forearm Low Block	H
7						High Double Arch Hand Block (1 ^{:00} ;AD)	RH
8		L	R	Bending Ready Stance A	Mid	Guarding Block	H
9	Turning R 150°(5 ^{:00} ;AC)	L		Sitting Stance	L	Low Palm Scooping Block	F
10	Connecting Motion [1 Breath, 1 Sine Wave]				R	Mid Punch	F
11					L	High Back Fist Front Strike	F
12	Turning R 30°(6 ^{:00} ;C)	R;L	R	L-Stance	Mid	Knife-Hand Guarding Block	H
13		L	L	Low Side Front Snap Kick		Hands stay in previous position	
14	Moving Forward	L>R;L	L	Low Stance	L	High Flat Fingertip Thrust	F
15					R	High Flat Fingertip Thrust	F
16		R	R	Mid Side Piercing Kick		Pulling both Hands in opposite direction of kick	
17	Turning L 180°(12 ^{:00} ;D)	R	R	L-Stance	Mid	Outer Forearm Guarding Block	H
18	Turning L 180°(6 ^{:00} ;C)	R	R	L-Stance	Mid	Outer Forearm Guarding Block	H
19	Turning L 180°(12 ^{:00} ;D)	L	R	L-Stance	Mid	Knife-Hand Guarding Block	H
20	Turning R 90°(3 ^{:00} ;A)	L		Sitting Stance	R	Mid 9-Shape Block	F
21	Turning L 270°(6 ^{:00} ;C)	R	L	Walking Stance	L	Low Knife-Hand Block	H
22		R	R	Mid Turning Kick (7 ^{:00} ;BC)			
		R	L	Vertical Stance			
23	Fast Motion [2 B, 1.5 SW]	R+L;L	R	High Flying Side Piercing Kick			
24	Moving Forward	R>L;R	R	Walking Stance	High	Twin Fist Vertical Punch	F
25					High	Double Arch Hand Block (1 ^{:00} ;AC)	RH
26					L	Mid Upset Punch	F
27	Spot Turn M1 (12 ^{:00} ;D)	R;L>R;L	L	Walking Stance	R	Mid Front Elbow Strike into L Palm	F
28	Jumping Forward	R;L	R	X-Stance (11 ^{:00} ;BD)	R	High Double Outer Forearm Block	H
29	Turning L 30°(11 ^{:00} ;BD)	L		Sitting Stance	R	Low Palm Scooping Block	F
30	Connecting Motion [1 Breath, 1 Sine Wave]				L	Mid Punch	F
31					R	High Back Fist Front Strike	F
32	Turning L 150°(6 ^{:00} ;C)	L>R;L	L	Walking Stance	R	High Reverse Knife-Hand Front Strike	F
33	Jumping L ½ Shoulder Width	R;L	R	Mid Dodging Turning Kick (6 ^{:00} ;C)			
34	Turning L 180°(12 ^{:00} ;D)	R;L	L	Walking Stance	High	Twin Fist Vertical Punch	F
35	Pulling Backward	L>R;L	R	L-Stance	R	Mid Knuckle-Fist Punch (dir?)	H
					L	Mid Side Fist in front of R Shoulder	
36	Turning L 90°(9 ^{:00} ;B)	R		Sitting Stance	L	Mid 9-Shape Block	F
37	Turning L 90°(6 ^{:00} ;C)				Low	Reverse Knife-Hand Guarding Block	H
38	Continuous Motion [1 B, 2 SW]; Turning R 180°(12 ^{:00} ;D)				Low	Reverse Knife-Hand Guarding Block	H
39	Turning R 180°(3 ^{:00} ;A)	L*		Stamping Sitting Stance	High	Outer Forearm W-Shape Block	S
40	Turning R 180°(9 ^{:00} ;B)	L*		Stamping Sitting Stance	High	Outer Forearm W-Shape Block	S
41	Turning L 90°(6 ^{:00} ;C)	R	R	Walking Stance	R	High Outer Forearm Raising Block	F
42					L	Mid Punch	F
43	Spot Turn M1 (12 ^{:00} ;D)	R;L>R;L	L	Walking Stance	L	High Outer Forearm Raising Block	F
44					R	Mid Punch	F
•	Moving Forward	R		Parallel Ready Stance			

* A "Stamping" step involves bringing the transitioning foot to the floor abruptly, resulting in a sound to accentuate the motion.



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Preset 3-Step Sparing Routines

3-Step Sparing Routine #1, using Walking Stance Version

Attacking Technique: *Mid Punch*

Defending Technique: *Mid Inner Forearm Block*

Learned by 9th Gup students.

3-Step Sparing Routine #2, using Walking Stance Version

Attacking Technique: *Low Front Snap Kick*

Defending Technique: *Low Outer Forearm Block*

Learned by 9th Gup students.

3-Step Sparing Routine #3, using Walking Stance Version

Attacking Technique: *Low Front Snap Kick*

Defending Technique: *Low Knife-Hand Block*

Learned by 9th Gup students.

3-Step Sparing Routine #4, using L-Stance Version

Attacking Technique: *High Knife-Hand Strike*

Defending Technique: *High Knife-Hand Guard*

Counter-Attacking Technique: *R Mid Turning Kick*

Learned by 8th Gup students.

3-Step Sparing Routine #5, using Walking Stance Version

Attacking Technique: *Low Front Snap Kick, High Punch*

Defending Technique: *Low Outer Forearm Block, High Raising Block*

Learned by 8th Gup students.



3-Step Sparring

Walking Stance Version	Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
					Charyot			ing
					<i>Take distance for Walking Stance 3-Step Sparring</i>			
0		Moving Forward	*	R	Walking Stance	aligning R Foot to partner's L Foot per Attacking Techniques [†]		
		Moving Backward	R		Parallel Ready Stance			
1		Moving Backward	R	L	Walking Stance	L Low Outer Forearm Block		
		Ki-hup!						
2		Moving Forward	R	R	Leg Attacking Technique			
			R ²	R	Walking Stance	R Arm Attacking Technique [‡]		
3		Moving Forward	L	L	Leg Attacking Technique			
			L ³	L	Walking Stance	L Arm Attacking Technique [‡]		
4		Moving Forward	R	R	Leg Attacking Technique			
			R ²	R	Walking Stance	R Arm Attacking Technique [‡]		
		Moving Backward	R		Parallel Ready Stance			
5		Ki-hup!						
6		Moving Backward	R	L	Walking Stance	L Arm Blocking Technique(s)		
7		Moving Backward	L	R	Walking Stance	R Arm Blocking Technique(s)		
		Moving Backward	R	L	Walking Stance	L Arm Blocking Technique(s)		
8		Ki-hup!	L	L	Leg Attacking Technique			
			L	L	Walking Stance	R Arm Attacking Technique ^{‡1}		
		Moving Forward	R		Parallel Ready Stance			

Exercise – Starting As Defender

Walking Stance Version	Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
					Charyot			ing
					<i>Partner will take distance for Walking Stance 3-Step Sparring</i>			
0					Parallel Ready Stance			
5		Ki-hup!						
6		Moving Backward	R	L	Walking Stance	L Arm Blocking Technique(s)		
7		Moving Backward	L	R	Walking Stance	R Arm Blocking Technique(s)		
		Moving Backward	R	L	Walking Stance	L Arm Blocking Technique(s)		
8		Ki-hup!	L	L	Leg Attacking Technique			
			L	L	Walking Stance	R Arm Attacking Technique ^{‡1}		
		Moving Forward	R		Parallel Ready Stance			
1		Moving Backward	R	L	Walking Stance	L Low Outer Forearm Block		
		Ki-hup!						
2		Moving Forward	R	R	Leg Attacking Technique			
			R ²	R	Walking Stance	R Arm Attacking Technique [‡]		
3		Moving Forward	L	L	Leg Attacking Technique			
			L ³	L	Walking Stance	L Arm Attacking Technique [‡]		
4		Moving Forward	R	R	Leg Attacking Technique			
			R	R	Walking Stance	R Arm Attacking Technique [‡]		
		Moving Backward	R ²		Parallel Ready Stance			

* Adjust into a proper stance based on the placed position of your R Foot.

[†] If one of the Attacking Techniques is a kick, align your R Ankle on the outside of your partner's stance next to their L Ankle. Otherwise, align your R Ball of Foot to your partner's L Ball of Foot.

[‡] If an Arm Attacking Technique is not being utilized, execute a L Low **Outer Forearm** Block.

¹ If the Arm Attacking Technique cannot be properly executed from the counter-attack position, a Counter-Attacking Technique will be defined.

² R Foot should rest on the outside of your partner's stance, next to their L Foot as per the original measurement[†].

³ L Foot should rest on the inside of your partner's stance, next to their R Foot as per the original measurement[†].



L- Stance Version	Verbal	Body Movement	Feet In	Leg Section	Leg Technique	Arm Section	Arm Technique	ing
	Count	(Eyes To; Diagram Direction)	Motion	(Stance To; Diagram Direction)		(Arm Technique To; Diagram Direction)		
		• (12 ⁰⁰ ;D)			Charyot			
					<i>Take distance for L-Stance 3-Step Sparring</i>			
0		Moving Forward	*		R Walking Stance		aligning R Toes in front of partner's L Toes	
		Moving Backward	R		Parallel Ready Stance			
1		Moving Backward	R	L	Walking Stance	L Low	Outer Forearm Block	
		Ki-hup!						
2		Moving Forward	R	R	<u>Leg Attacking Technique</u>			
			R	L	L-Stance	R	<u>Arm Attacking Technique</u> [†]	
3		Moving Forward	L	L	<u>Leg Attacking Technique</u>			
			L	R	L-Stance	L	<u>Arm Attacking Technique</u> [†]	
4		Moving Forward	R	R	<u>Leg Attacking Technique</u>			
			R	L	L-Stance	R	<u>Arm Attacking Technique</u> [†]	
		• Moving Backward	R		Parallel Ready Stance			
5		Ki-hup!						
6		Moving Backward	L	L	L-Stance	R	<u>Arm Blocking Technique(s)</u>	
7		Moving Backward	R	R	L-Stance	L	<u>Arm Blocking Technique(s)</u>	
		Moving Backward	L	L	L-Stance	R	<u>Arm Blocking Technique(s)</u>	
8			R	R	<u>Leg Attacking Technique</u>			
		Ki-hup!		L	L-Stance	R	Arm Attacking Technique ^{††}	
		• Moving Forward	R		Parallel Ready Stance			

Exercise – Starting As Defender

L- Stance Version	Verbal	Body Movement	Feet In	Leg Section	Leg Technique	Arm Section	Arm Technique	ing
	Count	(Eyes To; Diagram Direction)	Motion	(Stance To; Diagram Direction)		(Arm Technique To; Diagram Direction)		
		• (12 ⁰⁰ ;D)			Charyot			
					<i>Partner will take distance for L-Stance 3-Step Sparring</i>			
0					Parallel Ready Stance			
5		Ki-hup!						
6		Moving Backward	L	L	L-Stance	R	<u>Arm Blocking Technique(s)</u>	
7		Moving Backward	R	R	L-Stance	L	<u>Arm Blocking Technique(s)</u>	
		Moving Backward	L	L	L-Stance	R	<u>Arm Blocking Technique(s)</u>	
8			R	R	<u>Leg Attacking Technique</u>			
		Ki-hup!		L	L-Stance	R	Arm Attacking Technique ^{††}	
		• Moving Forward	R		Parallel Ready Stance			
1		Moving Backward	R	L	Walking Stance	L Low	Outer Forearm Block	
		Ki-hup!						
2		Moving Forward	R	R	<u>Leg Attacking Technique</u>			
			R	L	L-Stance	R	<u>Arm Attacking Technique</u> [†]	
3		Moving Forward	L	L	<u>Leg Attacking Technique</u>			
			L	R	L-Stance	L	<u>Arm Attacking Technique</u> [†]	
4		Moving Forward	R	R	<u>Leg Attacking Technique</u>			
			R	L	L-Stance	R	<u>Arm Attacking Technique</u> [†]	
		• Moving Backward	R		Parallel Ready Stance			

* Adjust into a proper stance based on the placed position of your R Foot.

† If an Arm Attacking Technique is not being utilized, execute a L Low **Outer Forearm** Block.

†† If the Arm Attacking Technique cannot be properly executed from the counter-attack position, a Counter-Attacking Technique will be defined.



Exercise – Starting As Attacker

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique
• (12 ⁰⁰ ;D)						
Parallel Ready Stance						
0	Moving As Necessary	*	Reposition to allow for first attack			
1	Moving Backward	R	R L-Stance		L <u>Outer Forearm</u>	Guarding Block
Ki-hup!						
	Moving Forward	*	Arm/Leg Technique [†]			
2	Moving As Necessary	*	Leg/Arm Technique [†]			
Do not defend against counter attack						
• Moving Backward *						
Parallel Ready Stance						
0	Partner will reposition to allow for first attack					
3	Ki-hup!					
	Moving As Necessary	*	Defend against first Arm/Leg Technique [†]			
4	Moving As Necessary	*	Defend against second Leg/Arm Technique [†]			
	Ki-hup!	*	Counter attack with a single Arm/Leg Technique [‡]			
• Moving Forward *						
Parallel Ready Stance						

Exercise – Starting As Defender

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique
• (12 ⁰⁰ ;D)						
Parallel Ready Stance						
0	Partner will reposition to allow for first attack					
3	Ki-hup!					
	Moving As Necessary	*	Defend against first Arm/Leg Technique [†]			
4	Moving As Necessary	*	Defend against second Leg/Arm Technique [†]			
	Ki-hup!	*	Counter attack with a single Arm/Leg Technique [‡]			
• Moving Forward *						
Parallel Ready Stance						
0	Moving As Necessary	*	Reposition to allow for first attack			
1	Moving Backward	R	R L-Stance		L <u>Outer Forearm</u>	Guarding Block
	Ki-hup!					
	Moving Forward	*	Arm/Leg Technique [†]			
2	Moving As Necessary	*	Leg/Arm Technique [†]			
Do not defend against counter attack						
• Moving Backward *						
Parallel Ready Stance						

* Feet in motion as required to provide the necessary movement to execute the required techniques.

† As determined by the attacker, when the attacker's first attack is a Leg Technique, then the second attack must be an Arm Technique (and vice-versa).

‡ Counter attack can be either a single Leg Technique or a single Arm Technique as determined by the defender.



1-Step Sparring

Both Versions (Attack with Arm Technique, Attack with Leg Technique)

Exercise – Starting As Attacker

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique
	• (12 ⁰⁰ ,D)			Parallel Ready Stance		
1	Ki-hup! Moving Forward	*		If executing a Leg Technique, step backward during Ki-hup. Arm/Leg Technique [†]		
2				Do not defend against counter attack		
	• Moving Backward	*		Parallel Ready Stance		
3	Moving As Necessary	*		Defend against Arm/Leg Technique [†]		
4	Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡]		
	• Moving Forward	*		Parallel Ready Stance		

Exercise – Starting As Defender

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique
	• (12 ⁰⁰ ,D)			Parallel Ready Stance		
3	Moving As Necessary	*		Defend against Arm/Leg Technique [†]		
4	Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡]		
	• Moving Forward	*		Parallel Ready Stance		
1	Ki-hup! Moving Forward	*		If executing a Leg Technique, step backward during Ki-hup. Arm/Leg Technique [†]		
2				Do not defend against counter attack		
	• Moving Backward	*		Parallel Ready Stance		

* Feet in motion as required to provide the necessary movement to execute the required techniques.

† Attack can be either a single Leg Technique or a single Arm Technique as determined by the attacker.

‡ Counter attack can be either a single Leg Technique or a single Arm Technique as determined by the defender.



Exercise – Starting As Attacker

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing	
•	(12 ⁰⁰ ;D)		Parallel Ready Stance					ing
1	Moving Backward	R	R L-Stance		L Mid	<u>Outer Forearm</u>	Guarding Block	
	Ki-hup!							
2	Moving Forward	*				Arm Technique [†]		
3	Moving As Necessary	*	Defend against	Leg Technique [‡]				
4	Moving As Necessary	*	Defend against	Leg Technique [‡]				
5	Moving As Necessary	*	Defend against	Leg Technique [‡]				
6	Moving As Necessary	*	Counter attack with a single	Arm/Leg Technique ¹				
	Ki-hup!							
•	Moving Forward	*	Parallel Ready Stance					
7	Ki-hup!							
8	Moving As Necessary	*	Defend against	Arm Technique [†]				
9	Moving As Necessary	*		Leg Technique [‡]				
10	Moving As Necessary	*		Leg Technique [‡]				
11	Moving As Necessary	*		Leg Technique [‡]				
12			Do not defend against counter attack					
•	Moving Backward	*	Parallel Ready Stance					

Exercise – Starting As Defender

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing	
•	(12 ⁰⁰ ;D)		Parallel Ready Stance					ing
7	Ki-hup!							
8	Moving As Necessary	*	Defend against	Arm Technique [†]				
9	Moving As Necessary	*		Leg Technique [‡]				
10	Moving As Necessary	*		Leg Technique [‡]				
11	Moving As Necessary	*		Leg Technique [‡]				
12			Do not defend against counter attack					
•	Moving Backward	*	Parallel Ready Stance					
1	Moving Backward	R	R L-Stance		L Mid	<u>Outer Forearm</u>	Guarding Block	
	Ki-hup!							
2	Moving Forward	*				Arm Technique [†]		
3	Moving As Necessary	*	Defend against	Leg Technique [‡]				
4	Moving As Necessary	*	Defend against	Leg Technique [‡]				
5	Moving As Necessary	*	Defend against	Leg Technique [‡]				
6	Moving As Necessary	*	Counter attack with a single	Arm/Leg Technique ¹				
	Ki-hup!							
•	Moving Forward	*	Parallel Ready Stance					

* Feet in motion as required to provide the necessary movement to execute the required techniques.

[†] Attack is a single Arm Technique as determined by the attacker.

[‡] Attack is a single Leg Technique as determined by the defender.

¹ Counter attack can be either a single Leg Technique or a single Arm Technique as determined by the attacker.



Exercise – Starting As Attacker

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ⁰⁰ ;D)			Parallel Ready Stance			
1	Ki-hup! Slowly Moving Forward	*		If executing a Leg Technique, step backward during Ki-hup Arm/Leg Technique [†]			
2				Do not defend against counter attack			
3				Do not defend against counter attack			
4				Do not defend against counter attack (if any)			
5				Do not defend against counter attack (if any)			
6				Do not defend against counter attack (if any)			
•	Moving Backward	*		Parallel Ready Stance			
7	Moving Forward	*		Repeat Arm/Leg Technique [†] used in Step 1 at regular speed			
8				Do not defend against counter attack			
9				Do not defend against counter attack			
10				Do not defend against counter attack (if any)			
11				Do not defend against counter attack (if any)			
12				Do not defend against counter attack (if any)			
•	Moving Backward	*		Parallel Ready Stance			

Exercise – Starting As Defender

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ⁰⁰ ;D)			Parallel Ready Stance			
1	Ki-hup! Slowly Moving As Necessary	*		Defend against Arm/Leg Technique [†]			
2	Slowly Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡]			
3	Slowly Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡]			
4	Slowly Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡] (if any)			
5	Slowly Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡] (if any)			
6	Slowly Moving As Necessary	*		Counter attack with a single Arm/Leg Technique [‡] (if any)			
•	Moving Forward	*		Parallel Ready Stance			
7	Ki-hup! Moving As Necessary	*		Repeat defense against Arm/Leg Technique [†] used in Step 1			
8	Moving As Necessary	*		Repeat Arm/Leg Technique [‡] used in Step 2			
9	Moving As Necessary	*		Repeat Arm/Leg Technique [‡] used in Step 3			
10	Moving As Necessary	*		Repeat Arm/Leg Technique [‡] used in Step 4 (if any)			
11	Moving As Necessary	*		Repeat Arm/Leg Technique [‡] used in Step 5 (if any)			
12	Moving As Necessary	*		Repeat Arm/Leg Technique [‡] used in Step 6 (if any)			
•	Moving Forward	*		Parallel Ready Stance			

* Feet in motion as required to provide the necessary movement to execute the required techniques.

[†] Attack can be either a single Leg Technique or a single Arm Technique as determined by the attacker.

[‡] Attack can be either a single Leg Technique or a single Arm Technique as determined by the defender.

Model Sparring is preformed first in slow motion and a second time at regular speed. The techniques for the second regular speed execution must match the techniques and order of execution as occurred in the first slow motion demonstration. Up to 5 counter-attacks can be used in Model Sparring, with 2-3 used as a minimum. Model Sparring is used to demonstrate the defender's abilities to defend against any given attack as well as respond effectively with counter-attacks based on body orientation and openings left by the attacker. Students should expect to answer questions as to the intended targets and effectiveness of each counter-attacking technique.



Sparing Patterns: Punch

Complex Version

Beginning with Right Fighting Stance

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing
•	(12 ⁰⁰ ,D)		R	Fighting Stance	Mid	Guarding Block	H
1					L	High Punch	S
2		R	R	Pivoted Fighting Stance	R	High <u>Reverse</u> Punch	RS
3			R	Fighting Stance	L	Mid Punch	S
4		R	R	Pivoted Fighting Stance	R	Mid <u>Reverse</u> Punch	RS
•			R	Fighting Stance	Mid	Guarding Block	H
1		R	R	Pivoted Fighting Stance	R	High <u>Reverse</u> Punch	RS
2			R	Fighting Stance	L	High Punch	S
3		R	R	Pivoted Fighting Stance	R	Mid <u>Reverse</u> Punch	RS
4			R	Fighting Stance	L	Mid Punch	S
•			R	Fighting Stance	Mid	Guarding Block	H
1	Shuffle Forward	L,R	R	Fighting Stance	L	High Punch	S
2		R	R	Pivoted Fighting Stance	R	High <u>Reverse</u> Punch	RS
3			R	Fighting Stance	L	Mid Punch	S
4		R	R	Pivoted Fighting Stance	R	Mid <u>Reverse</u> Punch	RS
•	Jumping Backward	L+R	R	Fighting Stance	Mid	Guarding Block	H
1	Shuffle Forward	L,R	R	Pivoted Fighting Stance	R	High <u>Reverse</u> Punch	RS
2		R	R	Fighting Stance	L	High Punch	S
3			R	Pivoted Fighting Stance	R	Mid <u>Reverse</u> Punch	RS
4		R	R	Fighting Stance	L	Mid Punch	S
•	Jumping Backward	L+R	R	Fighting Stance	Mid	Guarding Block	H
1	Stepping Backward	R,L	R	Fighting Stance	L	High Punch	S
2		R	R	Pivoted Fighting Stance	R	High <u>Reverse</u> Punch	RS
3			R	Fighting Stance	L	Mid Punch	S
4		R	R	Pivoted Fighting Stance	R	Mid <u>Reverse</u> Punch	RS
•	Jumping Forward	L+R	R	Fighting Stance	Mid	Guarding Block	H
1	Stepping Backward	R,L	R	Pivoted Fighting Stance	R	High <u>Reverse</u> Punch	RS
2		R	R	Fighting Stance	L	High Punch	S
3			R	Pivoted Fighting Stance	R	Mid <u>Reverse</u> Punch	RS
4		R	R	Fighting Stance	L	Mid Punch	S
•	Jumping Forward	L+R	R	Fighting Stance	Mid	Guarding Block	H
1	High/Long Jumping Forward	R,L+R			L	Mid <u>Elbow Forward/Fist Up</u> Guard	H
2			R	Fighting Stance	R	Mid/High <u>Reverse</u> Punch	RS
					L	Mid/High Punch	S
•	Jumping Backward	L+R	R	Fighting Stance	Mid	Guarding Block	H



Exercise, Beginning with Left Fighting Stance

Verbal Count	Body Movement (Eyes To; Diagram Direction)	Feet In Motion	Leg Section (Stance To; Diagram Direction)	Leg Technique	Arm Section (Arm Technique To; Diagram Direction)	Arm Technique	ing	☺
•	(12 ⁰⁰ ;D)		L	Fighting Stance	Mid	Guarding Block	H	
1					R	High Punch	S	
2		L	L	Pivoted Fighting Stance	L	High <u>Reverse</u> Punch	RS	
3			L	Fighting Stance	R	Mid Punch	S	
4		L	L	Pivoted Fighting Stance	L	Mid <u>Reverse</u> Punch	RS	
5	Shuffle Forward	R,L	L	Fighting Stance	R	High Punch	S	
6		L	L	Pivoted Fighting Stance	L	High <u>Reverse</u> Punch	RS	
7			L	Fighting Stance	R	Mid Punch	S	
8		L	L	Pivoted Fighting Stance	L	Mid <u>Reverse</u> Punch	RS	
9	Jumping Backward	L+R	L	Fighting Stance	Mid	Guarding Block	H	
10	Stepping Backward	L,R	L	Fighting Stance	R	High Punch	S	
11		L	L	Pivoted Fighting Stance	L	High <u>Reverse</u> Punch	RS	
12			L	Fighting Stance	R	Mid Punch	S	
13		L	L	Pivoted Fighting Stance	L	Mid <u>Reverse</u> Punch	RS	
14	Jumping Forward	L+R	L	Fighting Stance	Mid	Guarding Block	H	
15	High/Long Jumping Forward	L,L+R			R	Mid <u>Elbow Forward/Fist Up</u> Guard	H	
					L	Mid/High <u>Reverse</u> Punch	RS	
16			L	Fighting Stance				
•	Jumping Backward	L+R	L	Fighting Stance	Mid	Guarding Block	H	

